

## I Am Hurting Really Bad

“For God has not given us a spirit of fear, but of power, love, and a sound mind.” (2 Timothy 1:7)

It is common for a person in crisis to have feelings of desperation or hopelessness. When a person expresses hope when there is no rational reason for it, the Bible calls that faith. Faith in God has gotten many a person through trying times. Sometimes their faith takes them to places they may not have otherwise gone in their spiritual walk. The Bible says, “Call on me and I will do great and mighty things . . .”

As a form of encouragement, you may want to try reassuring yourself that you can get through this. One person in crisis felt God gave them this phrase, “I will NOT be defeated in Jesus' Name!” Whatever encouragement you offer yourself, you may want to say it out loud. Repeat it as often as necessary. Shout it if you wish. Can you say this phrase with me, “I will not be defeated in Jesus Name!” Try again, you can do it.

If you continue to suffer from hopelessness, tell a mature and trusted friend or family member. Talking to someone about how you feel often eases the pain and causes you to feel better. Consider asking for help from a chaplain, a minister, a school teacher, a doctor, a law enforcement officer, etc. If you are feeling more and more desperate, you may call 9-1-1 and tell them what is going on.